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HOMEMAKERS' CHAT

Wednesday, July 26, 1939

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SUBJECT: "TIPS FOR FOOD SHOPPERS." Information from the Bureau of Agricultural Economics, U.S.D.A. and the Consumers' Counsel, A.A.A. PUBLICATION AVAILABLE: "NUTS AND WAYS TO USE THEM," LEAFLET NO. 302. Order from the Department of Agriculture, Washington, D. C.

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More news for the family food shopper has come in today from the U.S. Department of Agriculture. This information on supplies and prices of seasonal food is to help you in planning and buying food for the family.

First, some news about fruits. Lots of fruit going to market these days. Lots of orchards with trees hanging heavy with fruit. Many fruit crops will be larger than average. We'll have more apricots and peaches, more cherries, plums, fresh prunes and apples this year than we had last year. But we'll have fewer summer oranges, fewer pears, and fewer grapes.

Now some tips about vegetables. The Department of Agriculture keeps records only of commercially produced vegetables. It has no check on home gardens or local truck gardens. So at this time of year when local truck gardens are supplying so many vegetables, the Department has no accurate estimate of vegetable supplies generally. But in the commercial producing areas, there are smaller crops of snap beans, beets, cabbage, carrots, eggplant, lettuce, onions, peas and green peppers. There will be about the same number of tomatoes.

Potato supplies this summer will also be much smaller than last year. But when the fall and winter potato crop goes to market, our potato supplies will be slightly larger than last year. Some of the late or old potatoes are already going to market but most of them won't start until September.

The predictions about sweetpotatoes are quite different from those about white potatoes. We'll have more sweet potatoes than we had last summer--in fact, this year's sweetpotato crop will probably be the third largest on record. More sweetpotatoes start coming into the markets in July and they keep coming until October when they come in in largest quantities.

By the way, here's a tip on buying sweetpotatoes. Choose those that are smooth, well-shaped, firm and have a bright appearance. Those are the marks of quality. The most common defects in sweetpotatoes are decay, which gives the potato a disagreeable flavor even when the bad spot is cut out, misshape and growth cracks. Poor shape and growth cracks don't affect quality but they mean a lot of waste in preparing the potato for the table.

So much for news of fruits and vegetables. Now here's some news about meat. For the rest of this year more will be on the market than there was last year. You can expect much more pork, about the same amount of lamb, but not quite so much beef. During August more beef and lamb usually come on the market but after August pork will probably be a bargain buy.

Speaking of meat reminds me of some news about turkeys. Many more turkeys are expected this fall than we had last fall. As you probably know, turkey is no longer served only on Thanksgiving and Christmas. The markets nowadays are selling turkey for a much longer time than they used to, because of earlier hatchings and improved feeding methods. You can buy fresh dressed turkeys all during the summer months nowadays. But the heavy marketing of turkeys doesn't begin until September.

That's all the meat news. Here's a little news about butter. There's still lots of butter and probably will be all summer long. We'll probably have as much butter as we had last summer. And that was what the economists call a "record high level" for butter. Usually there's less butter on the market during the last

half of the year but this year may be the exception. If you like to use butter in cooking for cakes and cookies, vegetables and so on, this is the season to indulge for there's plenty of butter on the market.

The first news about the 1939 nut crop comes in today. There's going to be a record crop of almonds this year and almost a record crop of walnuts. Over a third more almonds than last year will be on the market and a fifth more walnuts. Now is the time to gather together your recipes for nut bread,,and cake and candy to make the most of these almonds and walnuts when they come on the market at bargain prices.

To help you, the Department of Agriculture has a leaflet on nuts. The leaflet is called "Nuts and Ways to Use Them." It is No. 302. And it's free. To get a copy write to the Department of Agriculture, Washington, D.C. This leaflet gives recipes for making nut butter, nut loaves, nut breads, cakes and pastry and for using nuts in salads, sandwiches and ice cream as well as candies.

Once more: "Nuts and Ways to Use Them," Leaflet No. 302 is free from the Department of Agriculture, Washington, D.C.

And that concludes the food-shopping news for today.

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